

HEALTHY AND NUTRITIOUS

Our delicious wellbeing menu represents an exciting collaboration with our Head Chef, Justin Kett, and the respected Suffolk nutritionist Maggie Franks of Delicious Nutritious. All the dishes centre around the very best of fresh, raw ingredients, with an opportunity to fuse your selection with a variety of healthy protein options. The result is a stunning and innovative menu that really is deliciously good for you.

PEAR AND ROCKET SALAD

with pumpkin seeds, watercress and lemon dressing

£9.95

WEAVERS' GREEN POWER SALAD

with avocado, celery, grapes, honey almonds,
gem leaves and young shoots

£11.50

MARINATED TOMATO SALAD

with nut milk mushrooms, kohlrabi, courgettes,
carrot and rocket leaves

£11.50

MANGO AND BLUEBERRY SALAD

with avocado puree, tahini dressing, chilli and basil

£10.95

HOTEL AND SPA

IF YOU WOULD LIKE TO ADD SOME PROTEIN TO ANY OF THE ABOVE DISHES, PLEASE CHOOSE FROM ONE OF THE BELOW OPTIONS FOR AN ADDITIONAL £5.00 PER DISH

STEAMED SEA BASS FILLET
LEMON GRILLED CHICKEN
CHAR-GRILLED HALLOUMI